

THE POWER OF A BEAN!



WHY BEANS?

Beans are a bargain, both budget and health wise. Dry beans can reduce the cost of a meal. They can replace meat in recipes or be combined with meat, which also reduces the fat content. 1 cup of cooked beans provides the same amount of protein as 2 ounces of cooked meat.

BEAN BASICS—

1. Rinse the beans with cold water.
2. For each pound of beans, which is also 3 cups, add 10 cups of hot water to a large pot.
4. Bring the water to a boil and boil for 2-3 minutes. Turn off the heat, cover and let beans soak in water for about 1 hour.
5. Beans are done cooking when tender.
6. Drain off the soak water and rinse beans again.

STORAGE OF BEANS—

Dry beans should be kept in an airtight container, in a dry, cool place. They should be good for several months in this condition.

Canned beans may be stored up to 12 months in their original cans.

WHAT TO DO WITH BEANS—

Use beans in soups, salads, stuffing, casseroles, tacos, and burritos or with rice or pasta.

Add ¼ cup beans to a tossed salad because they have a meaty flavor and firm texture.

Add beans to spaghetti sauce, about ¼ cup for each cup of sauce to substitute as a healthier protein for beef.

Add beans to soups, ¼ cup for each cup of serving.

Add beans as a substitute for meat products or combine equal parts meat and beans for added nutrition. You can substitute beans for fish, chicken, and beef.

Kidney beans are often used in chili, refried beans, soups, and salads. Chickpeas are used in salads because they have a nut-like flavor that mixes with vegetables well.

NUTRITION—

Beans are high in fiber, low in fat, and an excellent source of protein. They are also easy to work with and inexpensive to use.

The 2005 Dietary Guidelines for Americans recommend a weekly consumption of 3 cups of legumes on a 2000-calorie diet.

Use the guide below for standardized recipes to help you cook different types of beans.

BEAN COOKING TIMES:	Serves 100	
Dry Beans--25 cups	How much water	Cooking Time
Black Beans	9 Quarts	2 hours
Black-eyed Peas	8 Quarts	1/2 hour
Great Northern Beans	8 Quarts	1 to 1 1/2 hours
Kidney Beans	9 Quarts	2 hours
Lentils	8 Quarts (Don't Soak!)	1/2 hour
Lima Beans	8 Quarts	1 hour
Navy Beans	9 Quarts	1 1/2 to 2 hours
Pinto Beans	9 Quarts	2 hours

A handout created by USD Dietetic Intern, Blair Caskey.

References:

1. "Singing the Praises of Beans," University of Nebraska Cooperative Extension in Lancaster County, Alice Heineman.
2. American Dry Bean Board, www.Americanbean.org.
3. www.healthierus.gov/dietaryguidelines.